

BDYF Cheer Rules

Leagues and Age Brackets

The eligibility age for all participants shall be a minimum of 5 years of age and a maximum of 13 years of age. The age cut-off date to establish the level of a player is June 30th of the current year.

1. Flag: 5 and 6 years old
2. Pee Wee: 7 and 8 years old
3. JV: 9 and 10 years old
4. Varsity: 11,12, and 13 years old

Player Eligibility

All Players must play in their eligible age brackets. The cheer coordinator may approve a change; any change must be submitted to the cheer coordinator in writing.

Practice

Practice will begin August 3rd. Before games start: JV and Varsity can practice no more than 6 hours per week, Flag and Pee Wee can practice no more than 5 hours per week. After games start: JV and Varsity can practice 5 hours; Flag and Pee Wee 4 hours. Practice schedules are determined by each team. A team can only practice at their practice field and during the time of permit of the field.

League Rules

- a. NO EATING IN UNIFORMS AT ALL!!!
- b. No flip flops at practice or at games, athletic shoes must be worn.
- c. One parent must be on the sideline during games at all times while children are cheering.
- d. Stunts are NOT permitted in any age group. Cheerleaders must have at least one foot or hand in contact with the ground at all times.

- e. Jumps are allowed only if they are done unassisted and can be done under their own power with supervision.
- f. Cartwheels and round offs are allowed only if done unassisted.
- g. No tosses or pyramids are allowed in any age group.
- h. No gum, candy, or other food in mouth while cheering.
- i. No player is allowed to participate on a team in this league while on a school team.
- j. Cheerleaders must cheer for their team whether home or away.
- k. No music once games begin, except for half-time routines.
- l. Only positive and supportive signs are allowed.
- m. Half-time routines: visitors go first and the home team goes last. Please sit and watch the opposing teams' half-time routine. You are expected to be quite during their routine and clap when they are done.
- n. Cheerleaders may go out and greet their football team after the game however you choose; you may form two lines for them to run through your poms and chant, or you may join the back of the football player's line and shake hands with the opposing team.
- o. When there is an injured player on the field all cheering will stop and cheerleaders will take a knee until the player leaves the field.
- p. Your uniforms are property of the league- there will be no permanent altering of any kind to these uniforms. You may pin and tuck where necessary as long as it is removable with NO noticeable damage or a \$50 fee will be charged to you,
- q. Please, Please return your uniforms as clean as you would like your child to receive them next year, otherwise a \$50 fee will be charged to you.